

Fitness Class Schedule for CFB / 8 Wing Trenton Military Personnel and the DND community Effective October 1, 2009.

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------------|--|--|---|--|---|
| 0630 hrs | | Spin (spin studio) | | Spin (spin studio) | |
| 0730 hrs (Fitness Development) | Cardio Training (S&C) | Mock EXPRES Area 1 or 2 | Circuit Training Area (2 or 3) | Strength Training (S&C Room) | Spinning New SPIN ROOM |
| 1200 hrs | Cardio & Core (MPR) Spinning – SPIN STUDIO Mil Lane Swim (Rec Plex) | Muscle Conditioning (MPR) Mil Lane Swim (Rec Plex) | Cardio Mix (MPR) Spinning – SPIN STUDIO Mil Lane Swim (Rec Plex) | Yoga (MPR) Mil Lane Swim (Rec Plex) | BOSU/STEP (MPR) Mil Lane Swim (Rec Plex) |
| 1610 hrs | Spinning – SPIN STUDIO | | YOGA New relaxation room! | TOP PERFORMANCE (MPR) | |

All fitness classes are operated by our Certified F&S Instructors. All classes are NO CHARGE!
Any questions please contact Lisa Refausse Fitness Coordinator.

